

**THAT WHICH IS CLAIMED IS:**

1. A communications system comprising:  
at least one data storage device for storing messages for respective users;  
a plurality of mobile wireless communications devices each associated with a respective user for accessing the messages stored on said at least one data storage device; and  
an adaptive polling engine for polling said at least one data storage device for stored messages and providing the polled messages to mobile wireless communications devices of respective users;  
said adaptive polling engine learning respective user usage patterns for each mobile wireless communications device, and changing a respective rate of polling for each mobile wireless communications device based thereon.
2. The communications system of Claim 1 wherein the user usage patterns are based upon a time of day.
3. The communications system of Claim 1 wherein the user usage patterns are based upon a day of the week.
4. The communications system of Claim 1 wherein said adaptive polling engine also changes the rate of polling for each mobile wireless communications device based upon at least one positive polling event and at least one negative polling event.

5. The communications system of Claim 4 wherein the at least one negative polling event comprises a lack of authorized communications with said adaptive polling engine.

6. The communications system of Claim 5 wherein the lack of authorized communications with said adaptive polling engine is based upon a given mobile wireless communications device being outside a wireless coverage area.

7. The communications system of Claim 5 wherein the lack of authorized communications with said adaptive polling engine is based upon an invalid user login.

8. The communications system of Claim 4 wherein the at least one negative polling event comprises a decrease in storage of messages for the respective user at the at least one data storage device.

9. The communications system of Claim 4 wherein the at least one positive polling event comprises an increase in storage of messages for the respective user at the at least one data storage device.

10. The communications system of Claim 4 wherein the at least one positive polling event comprises an increase in message access requests from a given mobile wireless communications device.

11. The communications system of Claim 1 wherein the messages comprise electronic mail (e-mail) messages.

12. The communications system of Claim 1 further comprising a wide area network (WAN) interfacing said mobile wireless communications devices with said adaptive polling engine.

13. The communications system of Claim 1 further comprising a wireless network interfacing said mobile wireless communications devices with said adaptive polling engine.

14. An adaptive polling engine for interfacing a plurality of mobile wireless communications devices each associated with a respective user with at least one data storage device, the at least one data storage device for storing messages for respective users, the adaptive polling engine comprising:

an interface module for interfacing the adaptive polling engine with the mobile wireless communications devices; and

an adaptive polling engine module coupled to said interface module for polling the at least one data storage device for stored messages and providing the polled messages to mobile wireless communications devices of respective users;

said adaptive polling engine module learning respective user usage patterns for each mobile wireless communications device and changing a respective rate of

polling for each mobile wireless communications device based thereon.

15. The adaptive polling engine of Claim 14 wherein the user usage patterns are based upon at least one of a time of day and a day of the week.

16. The adaptive polling engine of Claim 14 wherein said adaptive polling engine module also changes the rate of polling for each mobile wireless communications device based upon at least one positive polling event and at least one negative polling event.

17. The adaptive polling engine of Claim 16 wherein the at least one negative polling event comprises a lack of authorized communications.

18. The adaptive polling engine of Claim 17 wherein the lack of authorized communications is based upon a given mobile wireless communications device being outside a wireless coverage area.

19. The adaptive polling engine of Claim 17 wherein the lack of authorized communications is based upon an invalid user login.

20. The adaptive polling engine of Claim 14 wherein said interface module comprises a firewall module.

21. A method for interfacing a plurality of mobile wireless communications devices each associated with a respective user with at least one data storage

device, the at least one data storage device for storing messages for respective users, the method comprising:

polling the at least one data storage device for stored messages and providing the polled messages to mobile wireless communications devices of respective users; and

learning respective user usage patterns for each mobile wireless communications device and changing a respective rate of polling for each mobile wireless communications device based thereon.

22. The method of Claim 21 wherein the user usage patterns are based upon at least one of a time of day and a day of the week.

23. The method of Claim 21 wherein the processor also changes the rate of polling for each mobile wireless communications device based upon at least one positive polling event and at least one negative polling event.

24. The method of Claim 23 wherein the at least one negative polling event comprises a lack of authorized communications with a given mobile wireless communications device.

25. A computer-readable medium having computer-executable modules for interfacing a plurality of mobile wireless communications devices each associated with a respective user with at least one data storage device, the at least one data storage

device for storing messages for respective users, the computer-readable medium comprising:

an interface module for interfacing the adaptive polling engine with the mobile wireless communications devices; and

a polling engine module coupled to said interface module for polling the at least one data storage device for stored messages and providing the polled messages to mobile wireless communications devices of respective users;

said polling engine module learning respective user usage patterns for each mobile wireless communications device and changing a respective rate of polling for each mobile wireless communications device based thereon.

26. The computer-readable medium of Claim 25 wherein the user usage patterns are based upon at least one of a time of day and a day of the week.

27. The computer-readable medium of Claim 25 wherein said adaptive polling engine module also changes the rate of polling for each mobile wireless communications device based upon at least one positive polling event and at least one negative polling event.

28. The computer-readable medium of Claim 28 wherein the at least one negative polling event comprises a lack of authorized communications with the adaptive polling engine module.